

# Save Your Own Life During Holidays

-Compiled by the 1st Cav.  
Div. Public Affairs Office

Nearly every 1st Cavalry Division Soldier has heard the phrase "First Team Power Thought" and although most Soldiers can spit out what it is and why it is important they are not always aware that the risk factors involved in keeping ourselves safe are right in front of us. This is especially true during the holidays.

When it's time to jump in the car and head over the river and through the woods remember these risk factors:

## Fatigue

-Make sure you are rested and ready for a long drive. Fatigue is one of the most reported cause of accidents.

## Seat Belts

-Always wear your seat belt and make sure your family members do too. It is not just the law it is their lives.

## Aggressive Driving

-Do not be an aggressive driver. Remember that other drivers are people too and they are trying to get home to their families in one piece.

## Drinking and Driving

-Do not Drink and Driving. If you are attending holiday parties and plan on drinking, make sure you have a designated driver. Do not accept a ride with anyone who has been drinking or is impaired in any way.

**FIRST TEAM POWER THOUGHT**

**WHAT DOES IT MEAN ?**  
I am responsible for my actions both on and off duty, on and off post

**WHY IS IT IMPORTANT ?**  
Because I AM important  
My family and friends love me  
My unit needs me  
My nation is depending on me

**"I CAN SAVE MY OWN LIFE"**

**Risk Factors**

Drugs and Alcohol - State law and UCMJ  
Aggressive Driving - Speeding and driving too fast for the conditions  
Fatigue - Trying to drive too far without rest  
Seat Belts - IT'S THE LAW

Poster by 1CD PAO

**The 1st Cavalry Division's Power thought is "I Can Save My Own Life," which means Soldiers are responsible for their actions both on and off post.**

## Weather

-Check your vehicle prior to heading to snow country. Also allow

enough time to get to your destination and leave extra room to stop when roads are icy. It is also a good idea to take. -Be Observant!

**Happy Holidays  
From the  
First Cavalry  
Division**

## Host Nation Info

### Government

- ▶ Hayy: Neighborhood
- ▶ Beladiya: District
- ▶ Medina: City
- ▶ Amanant: Municipality Utility Staff
- ▶ Qada: County
- ▶ Nahiya: Subdivision of County
- ▶ Mohafeda: County Utilities Staff

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